

APPENDIX B

(Complete Listing of All Currently Pending Claims)

1. A gun rest comprising:
 - a plate having a first end section lying generally in a first plane, a second end section and an intermediate section, wherein the plate is bent at the intermediate section such that an interior angle from about 90° to about 150° is formed between the first end section of the plate and the second end section of the plate; and
 - an opening formed in the first end section of the plate through which an elongated shaft having a longitudinal axis may be inserted;
 - wherein the opening is configured and arranged to allow selective adjustment of the plate's position along the length of the shaft; and
 - the first end section is disposed in relation to the shaft such that the plane of the first end section is non-perpendicular to the longitudinal axis of the shaft.
2. The gun rest according to claim 1, wherein the opening is generally tear-dropped in shape with the point of the tear-drop aligned towards the first end section and the round end of the tear-drop aligned towards the second end section of the plate.
3. The gun rest according to claim 2, wherein teeth are located around at least a portion of the perimeter of the opening.
4. The gun rest according to claim 2, wherein at least a portion of the opening is covered by at least one flexible gripping aid.
5. The gun rest according to claim 4, wherein the at least one flexible gripping aid contains a slit.
6. The gun rest according to claim 1, further comprising a retaining device for securing the gun rest to the shaft.
7. The gun rest according to claim 6, wherein the retaining device is a loop formed onto the second end section.
8. The gun rest according to claim 6, wherein the retaining device is an opening formed into the second end section.

9. The gun rest according to claim 1, further comprising a mounting bracket such that the shaft may be fixed to a surface.

10. The gun rest according to claim 9, wherein the mounting bracket comprises:
a first pressure plate connectively attached to a second pressure plate with a tightener; and
a receptacle permanently attached to the first pressure plate, which forms a generally cylindrical cavity perpendicular to the first pressure plate.

11. The gun rest according to claim 10, wherein the tightener is a nut and bolt.

12. A method for improving the accuracy of a sportsman, the method comprising the following steps:

providing a gun rest which comprises a plate having a first end section lying generally in a first plane, a second end section and an intermediate section, wherein the plate is bent at the intermediate section such that an interior angle from about 90° to about 150° is formed between the first end section of the plate and the second end section of the plate; and an opening formed in the first end section of the plate such that a shaft may be inserted through the opening;

providing an elongated shaft having a first end section, a second end section, and a longitudinal axis;

inserting the shaft through the opening in the gun rest;

placing the second end section of the shaft upon a surface;

slidably adjusting the position of the gun rest on the shaft to the desired height such that the first plane of the first end section is disposed at a non-perpendicular angle to the longitudinal axis of the shaft; and

placing the forearm of a firearm on the gun rest at the intermediate section such that the forearm of the firearm is cradled between and supported in both the vertical and horizontal direction by the first end section of the plate and the second end section of the plate.

13. The method of claim 12, wherein the opening is generally tear-dropped in shape with the point of the tear-drop aligned towards the first end section of the plate and the round end of the tear-drop aligned towards the second end section of the plate.

14. The method of claim 13, wherein teeth are located around at least a portion of the perimeter of the opening.

15. The method of claim 13, wherein at least a portion of the opening is covered by at least one flexible gripping aid.

16. The method of claim 15, wherein the at least one flexible gripping aid contains a slit.

17. The method of claim 12, wherein the gun rest further comprises a retaining device for securing the gun rest to the shaft.

18. The method of claim 17, wherein the retaining device is a loop formed onto the second end section of the plate.

19. The method of claim 17, wherein the retaining device is an opening formed into the second end section of the plate.

20. The method of claim 12, wherein the gun rest further comprises a mounting bracket such that the shaft may be fixed to a surface.

21. The method of claim 20, wherein the mounting bracket comprises:
a first pressure plate connectively attached to a second pressure plate with a tightener; and
a receptacle permanently attached to the first pressure plate, which forms a generally cylindrical cavity perpendicular to the first pressure plate.

22. The method of claim 21, wherein the tightener is a nut and bolt.

23. A gun rest comprising:
a plate having a first end section, a second end section, an intermediate section and two sides extending between the first end section and the second end section, wherein the plate is bent at the intermediate section such that an interior angle from about 90° to about 150° is formed between the first end section of the plate and the second end section of the plate; and
an opening formed in the first end section of the plate, wherein the opening extends to one side of the plate;
such that the an elongated shaft with a longitudinal axis may be inserted through the opening and a non-perpendicular angle is formed between the first plane of the first end section and the longitudinal axis of the shaft.

24. The gun rest according to claim 23, wherein the opening is generally tear-dropped in shape with the point of the tear-drop aligned towards the first end section and the round end of the tear-drop aligned towards the second end section of the plate.

25. The gun rest according to claim 24, wherein teeth are located around at least a portion of the perimeter of the opening.

26. The gun rest according to claim 24, wherein at least a portion of the opening is covered by at least one flexible gripping aid.

27. The gun rest according to claim 26, wherein the at least one flexible gripping aid contains a slit.

28. The gun rest according to claim 23, further comprising a retaining device for securing the gun rest to the shaft.

29. The gun rest according to claim 28, wherein the retaining device is a loop formed onto the second end section.

30. The gun rest according to claim 28, wherein the retaining device is an opening formed into the second end section.

31. A gun rest comprising:
a plate having a first plate section lying generally in a first plane, a second plate section lying generally in a second plane, and an intermediate plate section disposed between the first plate section and the second plate section; and
an opening formed in the first plate section, the opening being adapted and configured for an elongated shaft having a longitudinal axis to be inserted therethrough;
wherein:
the first plate section is disposed in relation to the shaft such that the first plane is non-perpendicular to the longitudinal axis of the shaft;
an interior angle is formed between the first plate section and the second plate section;
the intermediate plate section is adapted and configured so that the forearm of a firearm may be mounted atop the intermediate plate section such that the forearm rests upon both the first plate section and the second plate section; and
the opening is configured and arranged to allow selective adjustment of the plate's position along the length of the shaft.

32. The gun rest of claim 31, wherein:
the first plate section and the second plate section meet at the intermediate
plate section.
33. The gun rest of claim 31, wherein:
the opening lies generally in the first plane.
34. The gun rest of claim 31, wherein the opening extends to one side of the first
plate section.
35. The gun rest of claim 31, wherein teeth are formed into the periphery of the
opening.
36. The gun rest of claim 31, wherein at least a portion of the opening generally
tapers either toward the intermediate section of the plate or away from the intermediate
section of the plate.
37. The gun rest of claim 36, wherein:
the opening generally tapers toward a point in the direction facing away from
the intermediate section of the plate; and
the opening has a generally rounded end, the rounded end being generally
aligned toward the intermediate section of the plate.
38. The gun rest of claim 31, wherein at least a portion of the opening is
covered by at least one flexible gripping aid.